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Green Plantains Escabeche

Makes: 100 Servings

	100 Servings	
Ingredients	Weight	Measure
Green plantains	13 1/2 lb	
Salt	3 1/2 oz	
Water		6 qt
Onion	12 1/2 oz	
Oil		5 oz
Vinegar		2 Tbsp
Bay leaf	1/2 oz	

Saturated Fat 0 g Cholesterol N/A Sodium 72 mg Fotal Carbohydrate 13 g Dietary Fiber 1 g Total Sugars N/A Added Sugars included N/A Protein 1 g Vitamin D N/A Calcium 2 mg ron 25 mg	Calories	63
Cholesterol N/A Sodium 72 mg Fotal Carbohydrate 13 g Dietary Fiber 1 g Total Sugars N/A Added Sugars included N/A Protein 1 g Vitamin D N/A Calcium 2 mg ron 25 mg	Total Fat	2 g
Fotal Carbohydrate 13 g Dietary Fiber 1 g Total Sugars N/A Added Sugars included N/A Protein 1 g Vitamin D N/A Calcium 2 mg ron 25 mg	Saturated Fat	0 g
Fotal Carbohydrate 13 g Dietary Fiber 1 g Total Sugars N/A Added Sugars included N/A Protein 1 g Vitamin D N/A Calcium 2 mg ron 25 mg	Cholesterol	N/A
Dietary Fiber 1 g Total Sugars N/A Added Sugars included N/A Protein 1 g Vitamin D N/A Calcium 2 mg ron 25 mg	Sodium	72 mg
Total Sugars N/A Added Sugars included N/A Protein 1 g Vitamin D N/A Calcium 2 mg ron 25 mg	Total Carbohydrate	13 g
Added Sugars included N/A Protein 1 g Vitamin D N/A Calcium 2 mg ron 25 mg	Dietary Fiber	1 g
Protein 1 g Vitamin D N/A Calcium 2 mg ron 25 mg	Total Sugars	N/A
Vitamin D N/A Calcium 2 mg ron 25 mg	Added Sugars included	N/A
Calcium 2 mg ron 25 mg	Protein	1 g
ron 25 mg	Vitamin D	N/A
	Calcium	2 mg
Potassium N/A	Iron	25 mg
	Potassium	N/A

Directions

- 1. Peel and cut the plantains into 1/2 inch slices.
- 2. Boil the plantains in salted water for 20 minutes.
- 3. Drain the plantains.
- 4. Combine the onion, oil, vinegar, and bay leaf to make the dressing.
- 5. Remove bay leaf. Add the dressing to the plantains.

Source: National Food Service Management Institute